



Fort Sam Houston

News Leader®



Vol. 35, No. 30

Fort Sam Houston — Home of Army Medicine

July 25, 2002

Briefs

FSH ISD Board Meeting, July 25

The Fort Sam Houston Independent School District Board of Trustees will meet at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road, July 25 at 11 a.m.

Center Brigade Change of Command, July 26

Center Brigade Change of Command, July 26, 8 a.m., MacArthur Parade Field. Incoming commander is Col. Maureen Coleman; outgoing commander is Col. Kenneth Crook.

16th Annual U.S. AMEDD Regimental Social, July 26

The 16th Annual U.S. Army Medical Department Regimental Social will be held July 26, AMEDD Museum. Cost is \$5. See unit CSM or 1SG for tickets.

A-76 Initial Decision announcement, July 29

A public announcement of the results of the Base Operations Services and Visual Information A-76 studies is scheduled for July 29 at 3 p.m. at the Fort Sam Houston main post flagpole on Stanley Road.



Photo By Phillip Reidinger

Capt. Martha R. Bills, commander Military Entrance Processing Command, and Capt. Patricia Dristane, commander of the Western District, join San Antonio Station commander Lt. Cdr. Pat L. Williams to officially open the command's new facilities at Fort Sam Houston on July 17. The San Antonio Military Entrance Processing Station moved from its former location on Vicar Drive and Austin Highway following a seven million dollar renovation of Building 2376 which forms the west wing of the Beach Pavilion complex. See story and photos on pages 18 and 19.

Garrison prepared for A-76 decision announcement, FSH to support affected employees

By Edward Rivera
Fort Sam Houston Public Affairs

As the A-76 announcement July 29 draws near, many Garrison employees are wondering what the outcome will be. But whether the outside contractors or Most Efficient Organization win, Fort Sam Houston is prepared to support affected

employees no matter the outcome.

Depending on the announcement, there are specific actions that must be taken following the decision. Once the decision is announced there is a period set aside for public review and administrative appeals.

According to contracting officer Gary Hankins, any garrison employee, will be

able to review study documents in building 2272 from 8 a.m. to 4 p.m. between July 30 and Aug. 28. To schedule an appointment to view the documents call 221-2276.

"Since there are a large number of interested parties it will be necessary to make an appointment prior to retrieving

the documents either by computer or hard copy," said Hankins.

The final decision will be announced if there are no public appeals or protests or once the appeals or protests have been resolved. The transition to the MEO or winning outside contractor will take place immediately after the final decision announcement.

If the government wins, the garrison will implement a detailed transition plan that begins with the reorganization to the Continuing Government Activity and MEO. A contractor win requires implementation of the transition plan that was submitted as part of the contract proposal. Joint inventories will be performed, contractor identification badges will be distributed and the contractor will prepare to take over the functions by setting up administrative offices, interviewing and hiring employees, and preparing to assume full performance.

In both instances, reorganization will occur and normal government tools for downsizing will be implemented, as necessary such as early retirement, voluntary separation and Reduction in Force. The Government will take a proactive role in assisting displaced employees through the transition period.

"The goal of the garrison is to continue to meet its mission during the downsizing process toward the implementation of the MEO or transition to

White briefs new leaders on changes

By Staff Sgt. Marcia T. Hart
Army News Service

Secretary of the Army Thomas E. White shared his views on Army Transformation and the Army's future during his visit to Fort Leavenworth July 22.

White stressed to participants of the Brigadier General Training Conference

that the Army is in a new time and the idea of Transformation is imperative. He also told the new brigadier general selectees they should not take their new responsibilities lightly but with humility and that effective communication is the key.

"You have to be good at communicat-

ing," White said. "We have to get smart because you represent the United States Army. The way you present our case, internally and externally, is very important; that is why you must be an effective spokesman for the Army. There has never been a time in our Army that communica-

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Consultants meet for historic properties plan

By Edward Rivera
Fort Sam Houston Public Affairs

As a part of the Army Alternate Procedures, which is a unique approach to National Historic Preservation Act compliance, Fort Sam Houston representatives met with consulting parties July 16 and 17 at the post Officers' Club for their initial consultation to identify issues to be addressed by the Historic Properties Component Plan of the AAP.

"Installations now have the ability to choose which process either 36 CFR or AAP," said Dr. David Guldenzopf, Army Environmental Center. "Fort Sam Houston has raised it's hand to be one of the first installations to go through the AAP Certification process."

Developing an HPC plan has several phases. Consulting parties must first be identified and invited to participate. The overall role of the consulting party is to

advise and consult on the development, implementation, re-certification and major amendments if needed to the HPC plan, which is where Fort Sam Houston is presently.

Some of the members present at the initial consultation were representatives from various Fort Sam Houston departments, City of San Antonio, Texas Historical Commission, heads of federally

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Rumsfeld says much achieved; much remains to be done

By Linda D. Kozaryn
American Forces Press Service

Nine months into the global war on terror, the nation remains closer to the beginning than to the end, Defense Secretary Donald H. Rumsfeld said July 22 at the Pentagon.

“Our goal is that Afghanistan not become a base for global terrorist networks again,” Rumsfeld said. “That work is, of course, by no means complete. Taliban and al Qaeda fugitives are still at large, some in Afghanistan; others fled across the borders waiting for the opportunity to return.”

Danger remains as evidenced by the recent attacks on U.S. forces in Kandahar and in Oruzgan Province, he said, and by the several firefights between Pakistani forces and al Qaeda. Coalition forces continue to search caves and to sweep for arms, intelligence and small pockets of terrorists.

In recent weeks, he noted, local Afghans have told U.S. and coalition forces where to find weapons caches, which are then either destroyed or turned over to the Afghan National Army.

To date, Rumsfeld noted, the campaign has caused fewer tragic losses of civilian life than any war in modern history. He said U.S. and coalition forces have gone to “extraordinary lengths not only to avoid civilian deaths but to save civilian lives.”

“It’s an unfortunate fact of war that inevitably innocent civilians are killed,” he said. “This has been true throughout the history of warfare and it remains true even in this age of advanced technology and precision-guided munitions.”

While much work remains to be done in Afghanistan, Rumsfeld said, the U.S.-led effort has accomplished much in reversing the tide of terrorism and restoring freedom to the Afghan people. Rumsfeld highlighted the transformation that’s taken place in Afghanistan.

Nine months ago, he said, “it was a pariah state, a training ground for thousands of terrorists.” Al Qaeda had free rein to plan and organize attacks and Taliban brutally repressed the Afghan people.

Today, Rumsfeld said, the Taliban are no longer in power and al Qaeda are on

the run. “Together with coalition partners, we’ve rounded up some 600 terrorists in Afghanistan and many hundreds more worldwide,” he said. “They’re being interrogated. They’re yielding information that is helping to prevent further violence and bloodshed.”

The humanitarian crisis has been averted and the Afghan people have been liberated. The U.S. and coalition partners have delivered about 500,000 metric tons of food since the start of Operation Enduring Freedom, enough to feed 7 million Afghans.

Last winter’s dire predictions of humanitarian disaster never came to pass, Rumsfeld said, and Afghanistan is once again a free nation.

“Through the recent Loya Jirga process, the Afghan people have exercised their right of self determination,” he said. “A new president has been chosen, a new cabinet has been sworn, a transitional government representative of the Afghan people has been established to lead the nation for the next two years.”

U.S. officials are working with the new government to lay the foundation for



Donald Rumsfeld
Secretary of Defense

long-term stability and to prevent Afghanistan from again becoming a terrorist haven. The United States and 28 countries are supporting the creation of an Afghan national army. Demining teams from Norway, Sweden, Denmark, Great Britain, Poland and Jordan are helping to clear land mines, although an enormous number remain.

U.S. military engineers and civil affairs teams have dug wells, built hospitals, repaired roads and rebuilt

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Fort Sam Houston News Leader

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**Army Medical Department
Center and School and
Fort Sam Houston Commander**
Maj. Gen. Darrel R. Porr

Garrison Commander
Col. Douglas Biggerstaff

Public Affairs Officer
Phillip Reidingen
Editor
Yolanda Hagberg
Staff Writer
Edward Rivera
Layout Artist
Deborah A. Cottle

Garrison to implement transition plan

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contractor,” said Randy Gibson, Civilian Personnel Officer. “Win or lose we will use the same tools to meet our mission and achieve downsize as painless as possible.”

After the initial decision, voluntary separations will be encouraged. Additionally, the Garrison will manage the workforce through attrition, hiring limitations, hiring temporary or term employees and cross leveling. As a last resort there may be need for a reduction in force. A RIF consists of the release of temporary or term employees, offer vacancies, bump and retreat, reassignments, change to lower grade or involuntary separation.

“If the need for a RIF arises as a minimum we will provide affected employees with 60 days notice, but we will strive to provide more than that,” said Gibson.

Although the Positive Action for Civilian Employees (PACE) team has provided in depth information benefits

and programs available to affected employees through seminars, classes and their brochure, more specific information and workshop possibilities will be made available immediately after the initial decision. Transition services will continue to be provided through the implementation of either the MEO and or outside contractors.

The following are a few transition services available on Fort Sam Houston:

Army Career and Alumni Program (ACAP)

The ACAP provides transition briefings, counseling, referrals to service providers, workshops, job search resources, resume preparation and interviewing skills to federal employees, and their family members, who are considering leaving federal service. For more information call Russ Lane at 221-9255, Bldg. 2264.

Army Career Education System (ACES)

ACES provides professional guidance counselors to assist clients with career or

educational goal setting, testing services, referrals to Programmed Logic and Teaching Operations (PLATO) computer Laboratory, colleges on post that are available to civilian staff are: San Antonio College, St. Phillips College, Wayland Baptist University, Southwest Texas State University, and Webster University. These colleges have their own staff and can provide counseling and administrative assistance to all students.

The available programs start at the Associate’s level and proceed through a Master’s degree. For more information call Belinda Robinson at 221-1738, Bldg. 367.

Consumer Affairs And Financial Assistance Program (CAFAP)

CAFAP provides training on money management, proper use of credit, check writing principles, investments, insurance and transition. In addition, they also provide a Debt Liquidation Program, personal financial analysis, help balance checking accounts and work with creditors to pay of debts.

Help is also available to establish and maintain a budget, to find alternatives to re-paying debts, what the effect will be on credit ratings. You can also get information on Unemployment Benefits, Thrift Savings Plan and Severance pay verses RIF buy out. Information can be provided through personal counseling or classroom presentations. For more information call Gerd E. Jacobi at 221-2418/2705, Bldg.2797.

Civilian Personnel Advisory Center (CPAC-FSH)

CPAC provides the following services: Training on Reduction in Force, Priority Placement Program, Voluntary Early Retirement, Voluntary Separation Incentive Program. Provide opportunity to review your Official Personnel Folder (OPF) answer questions about, and assist employees in updating their OPF. For more information call Gene Hill at 221-0789, Bldg. 144

The Army Benefits Center-Civilian

(ABC-C)

ABC-C provides automated benefits support to Army Appropriated Fund employees through the Employee Benefits Information System (EBIS) and the Interactive Voice Response System (IVRS), and trained counselors. Fort Sam Houston Appropriated Fund Civilian employees can access the ABC-C’s EBIS via the World Wide Web at <https://www.abc.army.mil> and the IVRS by calling toll free to 1-877-276-9287.

Hearing-impaired employees can call the TDD number at 1-877-276-9833 for ABC-C services. The system is available seven days a week, 21 hours a day, and will be down from midnight - 3 a.m., Central Time, for systems maintenance. Benefits counselors are available Monday-Friday, 7a.m. - 5 p.m. Central Time.

Initially, your Personal Identification Number (PIN) will be a four-digit number equivalent to your month and year of birth (MMYY). For security purposes, once you access the system, you must change it to a new six-digit number.

The ABC-C provides services in program areas of retirement (Civil Service and Federal Employees’ Retirement Systems), Thrift Savings Plan, Federal Employees’ Health Benefits, Federal Employees’ Group Life Insurance and Survivor Benefits (death and dismemberment).

After the initial decision has been made garrison and local civilian agencies will be standing by to assist affected employees. In order to make the process more efficient, it is recommended that employees ensure their career information is up to date and accurate.

The PACE Team stresses the use of their brochure, website and 24-hour hotline. The A-76 website can be accessed at [HTTP://fsh-intranet.amedd.army.mil/A76](http://fsh-intranet.amedd.army.mil/A76). The PACE Brochure can be printed from the website as well. The 24-hour hotline number is 221-2439.

Post to undergo AAP certification process

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recognized Indian Tribes, Camp Bullis and the Army Environmental Center.

“The goal is to create an alternative to the intensive project-by-project review process within Section 106,” said Guldenzopf. “We want to move from this reactive approach, turn it around into a plan-based approach pre-agreed upon by all stakeholders.”

According to Guldenzopf the goal is to change the relationship between regulator and the regulated, to a partnership of program development and execution. One emphases of the program is to develop reimbursable cooperative agreements with stakeholder organizations to bring professional assistance from the stakeholder organizations to help implement an installations program.

Some of the topics of discussion of Historic Properties Component contents included planning level surveys, categorized undertakings categorical exclusions, management goals and developing

standard operating procedures.

“Some minimum SOPs for installation decision making include Identifying undertakings, identifying, evaluating and assessing affects to historic properties, applying best management practices, alternatives review and treatment of adverse effects to name a few,” said Guldenzopf.

According to Guldenzopf following the initial consultation subsequent consultation will be conducted with all involved parties during the development of the HPC plan. Also other SOPs can be negotiated or agreed upon.

Once the draft HPC is completed it will then be sent to the major command for review, which will then be forwarded with comments to ACSIM within 30 days. Within another 30 days the Major Command and installation commander receive comments from ACSIM in which the installation commander considers all the comments and revises the plan as appropriate.



Photo By Edward Rivera

Dr. David Guldenzopf, U.S. Army Environmental Center, responds to questions following his presentation to members of local historic preservation groups including representatives of the Texas State Historic Commission, the city of San Antonio, and Bexar County historic preservation offices.

A-76 appeals deadline August 28

Any employee of Fort Sam Houston Garrison, in which their activity was under the initial study, including unions and other employee organizations representing affected garrison employees, may file an administrative appeal. In addition, any contractor who responded to the solicitation may also file.

The public review will be held in Bldg. 2272 from 8 a.m. to 4 p.m. everyday from July 30 through Aug. 28. Copies of the completed DA Cost Comparison Form 7376-R, supporting documents and the management study report will be available for review via computers located in the building. In addition to the computers, a limited number of hard copies will be made available on a first-come-first-served basis.

Due to the large number of interested parties, it will be necessary to make an appointment prior to reviewing the documents on the computer or picking up a hard copy. Beginning July 29, appointments can be made by calling 221-2276 between 8 a.m. and 4 p.m.

An administrative appeal must address specific line items on the DA Form 7376-R and explain the deviation from established costing procedures or compliance with OMB Circular A-76. It must also identify documentation to support the claim. Appeals based on factors other than cost or compliance with OMB Circular A-76 procedures, such as the selection of one contractor over another, the decision to conduct the study, or management decisions within the management study, will not be considered.

Appeals must be sent to Gary Hankins, contracting officer, no later than 4 p.m. August 29. Appeals must be submitted in writing and delivered to the Medical Command Contracting Center, Bldg. 4197. Each appeal will be logged in and addressed individually by the Administrative Appeals Board. Each appeal should be answered in approximately 30 to 40 days after submission. If after 40 days the appellant has not received the results of their appeal, they may contact the contracting officer via e-mail or by calling 221-4122.

All administrative appeals are final and are not subject to negotiations, arbitrations or agreement.

Upscale meals in store for Gl

By Linda D. Kozaryn
American Forces Press Service

“No more mystery meat. No more no-name casseroles,” vowed Gerry Darsch. “What we’ve got are traditional, familiar foods, identifiable by the war fighter.”

A decade ago, the director of the Defense Department’s Combat Feeding Program said he needed “ballistic protection” when he went out to market his goods. Today, he’s proud of the food his program has developed. So much so, that on the military’s annual modernization days, July 16 and 18, on Capitol Hill, Darsch gave members of Congress, staffers and visitors a chance to sample his wares.

“It was very good,” Pennsylvania Rep. Joseph R. Pitts declared after lunching July 18 at Darsch’s military chow hall-style buffet at the House Rayburn Office Building. “There was a lot of variety,” he said. “It’s neat to see all the different selections that you can get these days.

Pitts said he’d never tried Meals Ready to Eat before. When he was in the Air Force some 30-odd years ago, canned C-rations were the meal in the field.

“After I’d come back from training missions stateside,” he recalled, “I would always save some of those little things in my flight suit. My kids loved to go through my pockets.”

After sampling such MRE entrées as roast beef and vegetables, and Thai chicken, Pitts said, “This is quite a difference. This is really upscale

Upscale, appetizing, tasty – Darsch is passionate about good food. His background is in food science and nutrition. He holds bachelor’s and master’s degrees in food chemistry. He started working for the Defense Department 28 years ago, right after graduating from the University of Massachusetts at Amherst in 1975.

He’s also passionate about providing good food to America’s war fighters. “There is nothing more important than taking care of individual war fighters,” he said. “One of the best ways to do that is to ensure that he or she is provided three high-quality meals a day.

“I’m extremely elated we have high-tech weapon systems, and thank God they’re not used that often,” he said. “But our products are used all the time, every day. What we develop touches a war fighter three-times-a-day, seven-days-a-week, 365-days-a-year for their entire careers.”

There’ll be no more guessing what troops in the field want, Darsch said. The Combat Feeding Program has a new philosophy: Warrior selected. Warrior tested. Warrior approved.

“We’ve gotten over the ‘Father Knows Best’ mentality,” he noted. “Not too many years ago, we always thought we knew exactly what the war fighter needed, and we would make those improvements. That

mercy of the logistics system.

“What we did was not rocket science, but common sense,” Darsch said. “We took all of the components that a cook would need to provide a high quality group meal for 50 soldiers, and we unitized that into three shipping containers. Everything from soup to nuts, to include the trash bag, is now ordered as one complete package.”



Photo by Linda D. Kozaryn

Mark Myer (left), Ming Truong (center), listen to Janice Rosado of the U.S. Army Natick Soldier Center explain a Remote Unit Self-Heating Meals, a meal with its own oven in a box.

turned out to be less than successful.”

Based on troop reaction, some items have been eliminated from the combat dining menu. Darsch said they include “Chicken a-la-King, affectionately called ‘Chicken a-la- Death.’ The smoky frankfurters the Marine Corps refers to as the ‘Four Fingers of Death.’ Instead of having the MRE, sometimes known as ‘Meals Rejected by Everyone,’ we now have a product, ‘Meals Relished by Everyone.’ Do we still have work to do? Yes.”

The program’s goal is to continuously improve the MREs and the Unitized Group Ration A and Unitized Group Rations Heat and Serve, Darsch said.

The Unitized Group Ration, he explained, is the result of Gulf War experience. Back then, a cook had to order up to 35 different items to put together a meal. Often, some items were out of stock and the cook was at the

New items for the Unitized Group Rations Heat and Serve include baked ziti, beef and noodles, sweet and sour pork, and chicken with dumplings. The MRE repertoire includes Thai chicken, Yankee pot roast with vegetables, seafood jambalaya, beef enchilada, chili macaroni, Cajun rice and sausage, veggie griller with barbecue sauce and Mexican macaroni and cheese.

Darsch’s food specialists have also developed a new pocket sandwich, something war fighters always included on their Top 10 wish list. Normally, pocket sandwiches are found in grocery stores’ frozen food section, so the undertaking required some innovative thinking.

“I cannot provide every war fighter with a small freezer and a 9,000-mile extension cord,” Darsch said. “So we went back to the U.S. Army Natick Soldier Center. We got our best food technologists together and we developed from scratch, a

pocket sandwich that tastes as good as one that you can pop into the microwave, but it will be shelf-stable at room temperature for three years.”

So far, they’ve developed a pepperoni pocket, an Italian pocket and a barbecued chicken pocket. They’re currently working on a barbecued beef pocket and a cheese and bacon pocket sandwich that would be like a breakfast croissant.

The pocket sandwich is the foundation for a new First Strike Ration. When the future war fighter deploys, Darsch said, “there will be no cooks, no food service equipment. We want to reduce to the maximum extent possible, their individual weight and cube that they have to lug around.”

The First Strike Ration is designed for up to the first 96 hours of conflict, he said. It weighs 53 percent less than three MREs and occupies 55 percent less cube. Three MREs weigh 4.5 lbs.

“We’ve got to use a lot of behavioral science to be sure that we’re getting the right things into that First Strike Ration.”

Developing food products for the armed forces is quite different than for commercial markets, Darsch said. “We’ve got a lot of requirements we have to meet with combat rations,” he said.

Unlike the commercial sector, the shelf life for combat rations is three years at 80 degrees Fahrenheit or six months at 100 degrees. “We store, distribute and serve our foods from minus 60 up to 120 degrees,” Darsch noted. “We also throw our stuff out of aircraft. Food Lion – I don’t think – does that.

“If you and I don’t like what we’re getting for dinner at home,” he added, “we can run to the refrigerator and grab something different. It’s not a good thing for a war fighter to pop up out of his or her foxhole and run to the local convenience store, if there is one.”

Food development specialists have to worry about “menu- monotony and fatigue,” he said. “The other key driver is nutrition.

“Our mission as the combat feeding team is to fuel the individual war fighter. That war fighter is only as good as his performance dictates it can be, both cognitively and physically.”

“Those weapon systems are only as good as the guy or gal operating them and let’s face it, the most flexible and adaptable weapons platform on the battlefield is the individual war fighter.”

Coalition efforts reversing the tide of terrorism

From *Coalition* Page 1

schools. Russia cleared out and rebuilt a tunnel on the main artery linking Kabul with the north, allowing transportation of food, medicine and supplies. Jordan built a hospital in Mazar-e Sharif that has treated 86,000 people, including 18,000 children.

“Perhaps the most important measure of progress is the flow of people,” Rumsfeld said. Since January, many hundreds of thousands of Afghan refugees and internally displaced persons have returned to their homes.

“When it comes to coalition efforts,” he noted, “the Afghan people are voting with their feet. They’re coming back to their homes, and indeed it is a vote of confidence in the progress that’s being made in Afghanistan.”

Rumsfeld said 70 nations are supporting the war on terrorism, and 35 have

posted representatives at U.S. Central Command headquarters in Tampa, Fla.

Some British and Canadian forces are rotating out of Afghanistan, Rumsfeld said, while Turkey has increased its presence by sending about 1,400 troops to Kabul to lead the International Security Assistance Force. Norway, Denmark and the Netherlands will soon deploy F-16

fighters to Kyrgyzstan for air operations over Afghanistan.

Romania is deploying an infantry battalion and has offered a mountain infantry company, a nuclear, biological and chemical response company and four MiG-21 fighters. Slovakia will soon deploy an engineering unit.

“It’s terribly important to keep in mind

the breadth of this coalition effort,” Rumsfeld said. “It is extremely broad and deep. A lot of work remains to be done, but even at this early stage in the war, the coalition can take a good deal of pride in the successes that they’ve achieved thus far as we renew our resolve to meet the challenges we face ahead.”

TCOs serve important role in telecommunications

Telephone Support - Telephone Control Officers (TCO) serve in a critical support role and must provide written approval before the Information Technology Business Center can respond to their organization’s requests for reimbursable telephone services. The requirement for TCO’s involvement may delay ITBC’s delivery of service when the TCO’s identity is unknown and a signature cannot be obtained quickly.

ITBC now offers a web interface for its Fort Sam Houston telecommunications customers to easily identify their organization’s designated TCO. Commanders or organizational leaders can also use this Intranet web site to add, change or delete their designated TCO. This web interface is available on the Fort Sam Houston Intranet at <https://fsh-intranet.amedd.army.mil/nxitbc/tco/>.

Call 221-1060 for assistance regarding telephone work orders or TCO duty appointments.

DoD asks eligible donors to give blood now

The Department of Defense blood donor centers are asking eligible Army blood donors to give blood this summer to ensure adequate DoD supplies and to assist civilian blood collection agencies experiencing unusually severe blood shortages.

“The next few months will be tough for us to keep blood supply at optimal levels,” said Army Col. Mike Fitzpatrick, Armed Services Blood Program director. “Summer is the time when most military personnel move to new duty stations. Add to that summer vacations, and you get an increased need for blood donations.”

“We encourage military blood donors to give blood through the Armed Services Blood Program, which is supporting civilian requests for blood products in the current shortage,” said Navy Cmdr. Rebecca Sparks, deputy director, ASBP.

“In military communities where our program does not have blood collection facilities, we urge soldiers, sailors, airmen and Marines to support blood drives in their local communities,” Sparks added.

Unlike civilian agencies, the ASBP, which provides blood products for military hospitals and military readiness purposes, is not experiencing a blood shortage.

ASBP officials attribute the fact that they have a sufficient amount of blood on hand to meet military needs to two

factors. First, DoD’s current needs are much smaller than those of civilian agencies. DoD collects about 1 percent of the blood collected from Americans.

Second, military personnel donate blood at about twice the rate that civilians do. About 10 percent of eligible military donors donate; civilian blood collection agencies estimate that less than 5 percent of the eligible U.S. population donates.

However, a disproportionate number of DoD donors are deferred from giving blood under standards implemented last fall by the Food and Drug Administration, which regulates blood products in the United States.

The standards were instituted as a precautionary measure against exposure to the human form of mad cow disease.

About 18 percent of active-duty military personnel cannot donate blood because of duty assignments in the United Kingdom and Europe, according to Sparks. Because of concerns about exposure to the human form of mad cow disease, the FDA restricted donations from people who lived or traveled in these places during specified timeframes. DoD issued a policy based on that of the FDA, which defers military personnel and family members who meet any of the following

criteria:

- Traveled or resided in the United Kingdom from 1980 through 1996 for a cumulative period of three months or more.
- Traveled or resided in Europe from 1980 through 1996 for a cumulative period of six months or more.
- Traveled or resided in Europe from 1980 to the present for a cumulative period of five years or more.
- Received a blood transfusion in the United Kingdom since 1980.
- Received a bovine insulin product produced in the United Kingdom since 1980.

The deferral policy also affects military retirees and their family members who meet any of the above criteria.

DoD blood officials have begun a campaign to make personnel aware of the need to donate blood on a continuing basis using DoD’s internal media. DoD also has added blood recruiting and collection personnel at its collection facilities, and encouraged commanders to support blood collection efforts.

To find out how you can give blood through the Armed Services Blood Program, contact your local blood donor center.

For information on blood deferral policies and on risks associated with travel or assignment in the United Kingdom and Europe, visit the U.S. Army Center for Health Promotion and Preventive Medicine Website at <http://chppm-www.apgea.army.mil/madcowdisease>



Blood donations needed

Blood donations are needed year round. Soldiers involved in Operation Enduring Freedom are counting on us to be there for them.

If you make a fist now, we will give you a hand later. It is important to keep a steady flow of blood donors donating on a regular basis.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



Cook assumes command of DFAS San Antonio

By Phil Reidinger
Fort Sam Houston Public Affairs

Col. Robert T. Cook assumed command of Defense Finance Accounting Service San Antonio during a July 19 change of command ceremony at the Fort Sam Houston installation flagpole. Cook relieved outgoing commander Col. Brian C. Clearman, who will retire from the U.S. Army on October 30, 2002. DFAS San Antonio provides accounting and vendor pay services for both the Army and Air Force as well as travel accounting service to the Air Force and travel computation service for the Army. The command was activated on June 20, 1996, as part of the Department of Defense consolidation of service finance and accounting operations. Customers include: Air Education and Training Command; Air Force Personnel Center; Air Force Intelligence Agency; Air Force Services Agency; 14 Air National Guard



Courtesy Photo
Col. Robert T. Cook assumed command of Defense Finance Accounting Service – San Antonio at a change of command ceremony held July 19 at the Garrison flagpole. The San Antonio site provides accounting and vendor pay services for both the Army and Air Force.

units; U.S. Army Medical Command (73 activities, 42 locations); and 5th U.S. Army. Cook's military service began in 1979 as a field artillery gunner in the Virginia National Guard. He has served in finance and accounting positions with the Defense Nuclear Agency, Armed Forces Radiobiology Research Institute; Military District of Washington, D.C.; Headquarters, U.S. Army, Europe; 266th Theater Finance Command; and 117th Finance Detachment. Subsequent assignments include Program Analysis and Evaluation Directorate, Office of the Chief of Staff; Aide de Camp to Under Secretary of the Army; Program Manager, Headquarters, Defense Finance and Accounting Service, and command of the 177th Finance Battalion, Camp Casey. Following command he served as Chief, Financial Operations, Joint Field Support Center, Defense Intelligence Agency.

Before moving to Texas, Cook graduated from the Industrial College of the Armed Forces, National Defense University, Fort McNair, Washington, D.C.



Courtesy Photo
Defense Finance Accounting Service Denver Director Zack Gaddy accepts the command colors from outgoing commander Col. Brian Clearman at the DFAS change of command ceremony held July 19 in front of the Garrison flagpole. Cmd. Sgt. Major Winford Leonard is the senior enlisted advisor. Clearman will retire from the U.S. Army October 20.

White: General officers are ‘salesmen’ of the new Army vision

From *Transformation* Page 1
tion has been more important.”

White told the next wave of general officers they are “salesmen” of the new Army vision and must be effective cheerleaders of Transformation.

“You are leaders,” White said. “You make it better. You must, on a daily basis, help to implement Transformation.”

During his visit to Leavenworth, White had lunch with students of the Combined Arms and Staff Service School. White discussed distance learning and said it will become the norm in the Army.

“In five to 10 years, all Army institutional education will have distance learning incorporated,” White said. “Coming to a course is great but the turbulence it creates can really be a problem for personnel. We can transform the Army in a lot of different ways, but if we don’t fix the personnel system we will not get to where we want to be.”

White said Army Transformation not only deals with hardware, but also deals with software — people.

“Transformation has got to be broader,” White said. “If we don’t do something to the personnel system to transform it, the rest won’t

matter. If we don’t transform that, we will be limited in what we can achieve. We have to modernize the Army and structure has to be a variable.”

One challenged faced by members of the CAS3 class, said Capt. Brett Anderson, is the ability to analyze the doctrinal knowledge of the enemy. White acknowledged the problems facing the new generation of Army leaders and assured them that new information and answers are forthcoming.

“You have a very difficult job,” White said. “The complexity of the threat is a great challenge that has to be dealt with in real time because the threat is in real time.”

Before departing Leavenworth, White also spoke with students of the School for Advanced Military Studies of which he was a member of the

first class of senior fellows in the mid-1980’s.

“SAMS graduates have done more to transform the Army intellect. You are enormously important, you are of very high quality and we expect a great deal from you,” White told the students.

White told the group that as part of today’s Army, they face many challenges. Those changes include winning the War on Terrorism and Transformation.

“Winning the war is what the Army gets paid to do,” White said. “It doesn’t have nice smooth edges. It is more ambiguous and more complicated. It will be your challenge as senior professionals to figure all that out.”

White also stressed that the War on Terrorism is not just a Department of Defense issue. He said it is a national issue that involves every American

and more importantly every citizens’ support.

“We are not finished. The al Qaeda is not our

only enemy,” White said. “To continue the fight, we need the support of the American people. We will

lose the war if we lose the support of the American people.”



Courtesy Photo
The commander for the Medical Command and Army Surgeon General Lt. Gen. James B. Peake accepts the Veterinary Command color from outgoing commander Col. Thomas Pool during a change of command ceremony held at MacArthur Parade Field on July 11. Incoming commander is Col. Charles Kelsey, Jr.

Prevent mosquitoes from spoiling your outdoor activities

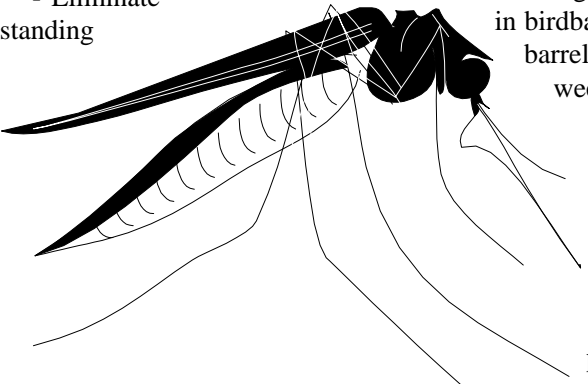
By Capt. Brian Evans
Special to the News Leader

Due to recent excessive rain and flooding, it is expected that the mosquito population in and around San Antonio will increase drastically over the next couple of weeks. Managing the mosquito populations and protecting yourself from the West Nile Virus, which is carried by mosquitoes who feed on infected birds, is a cooperative effort.

Mosquitoes breed in swamps, ponds, and anything else that holds water.

To minimize the number of mosquitoes around your home, we suggest the following:

- Eliminate standing



water around your home and in your neighborhood.

- Do not allow puddles to form on your lawn as a result of excessive watering.
- Place tiny holes in the bottom of recycling bins that do not have lids.
- Repair leaky pipes and outside faucets.
- Get rid of old tires.
- Prevent bottles, tin cans, buckets or drums from collecting water.
- Empty children's pools and store them when they are not in use.
- Clean out your rain gutters regularly.
- Change standing water in birdbaths and rain barrels at least once a week.

To prevent mosquitoes from biting, we suggest the following:

- Wear a long sleeve shirt or pants if you are going to be outdoors at dawn, dusk, or the

early evening.

- Wear light-colored clothing, since mosquitoes are attracted to dark colors.
- Spray insect repellent on clothing and rub it gently on your face, ears, neck, and hands.
- Avoid using heavily scented shampoos and toiletries.
- Try to pick a breezy location when enjoying the outdoors.

BAMC Preventive Medicine Services, in conjunction with the Texas Department of Health, is conducting mosquito surveillance. The presence of WNV in mosquitoes is being monitored on Fort Sam Houston and Camp Bullis. When necessary, the Public Works Business Center Pest Control will implement the proper control measures. Over the next several days they will begin to fog to control the mosquito populations throughout Fort Sam Houston. Keep in mind that mosquitoes can come from as far away as two to three miles from anywhere outside the installation. Although fogging will achieve a certain degree of control, it will not be 100 percent effective.



Photos Courtesy Public Works



Ostermann accepts command of 95th health services brigade

Phil Reidinger
Fort Sam Houston Public Affairs

Maj. Gen. Robert S. Silverthorn, 95th Division commander, transferred the color

of the 5th Brigade (Health Services) to Col. Henry Ostermann during a July 20 ceremony on MacArthur Parade Field.

Back-to-School TRICARE 2002 Briefing and Booth Schedule

Aug. 2 – 10:30 a.m. – 1:30 p.m.
Handout information for all ages
Booth at Base Exchange, Lackland Air Force Base

Aug. 8 – 5 to 7 p.m.
Briefing for those under age 65 and special information for those with college age children.
Brooke Army Medical Center Auditorium, Fort Sam Houston

Sept. 12 – 1 to 3 p.m.
Briefing for those under age 65
Ballroom, Family Support Center, 555 F St. West, Randolph Air Force Base

Oct. 4 – 10:30 a.m. – 1:30 p.m.
Handout information for all ages
Booth at Base Exchange, Lackland Air Force Base

Oct. 10 – 5 to 7 p.m.
Briefing for those under age 65
For information call (800) 406-2832 or visit www.hnfs.net.

Col. Angel Padilla retired as the commander following 32 years of service. He was presented the Legion of Merit.

Prior to assuming command Ostermann attended the Army War College.

The 5th Brigade is responsible for conducting Army medical training for U.S. Army Reserve units located in Region F that includes 8 mid-west area states. Priority courses include the new 91W health care specialist qualification and transition courses, reclassification courses for M6 practical nurses and the basic and advanced NCO educations system courses.



Photo by Phil Reidinger
Col. Henry J. Ostermann accepts the unit's color from Maj. Gen. Robert S. Silverthorn 95th Division commander during the 5th Brigade change of command ceremony on July 20 at MacArthur Parade Field.

Special Forces seek the best soldiers

The Special Forces Recruiting team will be conduct recruiting briefings July 29, 31 at the Roadrunner Community Center Bldg. 2797, Training Room 2, from 10 a.m. to 4 p.m.

“Recruiting the best for the best”

- Enlisted E-4 through E-7 soldier, bring your 2a\2-1\ERB
- Officers’ YG 00-01, bring your ORB
- Schedule a SF Physical at your TMC

Special Forces offer a wide variety of missions and a varied operations tempo. Some missions include but are not limited to Direct Action, Foreign Internal Defense, Anti Terrorism, Special Reconnaissance, and other activities.

Be prepared for an exciting and well-enhanced career change with higher pay and an advanced promotion schedule for both, officers and enlisted

Contact your Special Forces Recruiter at:
DSN 738-5324 or 7411
Commercial (254) 288-5324 or 7411
Cell: (254) 392-0270, Fax: (254) 287-4934
Address is: P.O. Box 5577, Fort Hood, TX 76544



Peacekeeping duty may now qualify for JTF credit

By Tesia Williams
Army News Service

More officers can now receive credit for temporary Joint Task Force deployments as a result of this year's Defense Authorization Bill.

The JTF credit rule, approved upon release of the 2002 National Defense Authorization Act on December 28, 2001, was expanded to include operations conducted in an environment where an extremely fragile state of peace and a high potential for hostilities co-exists. Previously, the rule only granted JTF credit for operations conducted in a combat area of operations.

Officers eligible for credit must have served at least 90 consecutive days on the JTF headquarters staff (not subordinate organizations or service components), be in the grade of O-3 filling an O-4 or above billet and be on the "active-duty

list" affected by joint officer management legislation and policy. Reserve-component soldiers and "professional" specialties are excluded, officials said.

Joint-duty credit is not automatically awarded, said Maj. Leven Pressley-Sanders, joint policy officer for U.S. Total Army Personnel Command. However, she said it may be recommended for officers who meet the criteria.

Eligible officers should submit a credit nomination package with a memo and enclosure noting service data, said Pressley-Sanders.

The memo should include a summary recommendation for cumulative Joint-duty assignment credit, identify nominee(s) by name-grade, dates of JTF service, number of days served and name of specific JTF, said Pressley-Sanders.

Officers should also provide an enclosure detailing his/her service data and position identification, she said.

"The officer's personal and position identification information, grade at the time of the JTF assignment, career specialty, JTF headquarters arrival and departure dates, duty location and contact information, as well as source documentation are essential to getting the nomination package processed," Pressley-Sanders said.

Source documentation includes the officer record brief, award citation, and travel orders and vouchers, she said.

Multiple officer requests may be consolidated into a single submission; however, each request must contain a separate summary in the prescribed format, said Pressley-Sanders. Retroactive joint-service credit for duty applies to the following

operations during the respective time periods:

Operation Northern Watch, August 1, 1992 - To Be Determined

Operation Southern Watch, August 27, 1992 - TBD

Operation Able Sentry, June 26, 1993 - Feb. 28, 1999

Operation Joint Endeavor, December 25, 1995 - Dec. 19, 1996

Operation Joint Guard, December 20, 1996 - June 20, 1998

Operation Desert Thunder, January 24, 1998 - December 15, 1998

Operation Joint Forge, June 20, 1998 - June 10, 1999

Operation Noble Anvil, March 24, 1999 - July 20, 1999

Operation Joint Guardian, June 11, 1999 - TBD

Nomination packages must be received at PERSCOM no later than Nov. 1. The memo should be addressed to the CDR, PERSCOM, ATTN: TAPC-OPB-J (MAJ Pressley-Sanders); 200 Stovall Street; Alexandria, VA 22332-0411.

Army officers are advised to contact Pressley-Sanders at DSN 221-8129 or (703) 325-8129, or email presslel@hoffman.army.mil for further information about the process.

AUSA Chapter Luncheon

Aug. 15, 11:30 a.m. at the NCO Club
Guest Speaker: Lt. Gen. James B. Peake
Price: \$10 - see your CSM for ticket information

Recreation and Fitness News



Get Your Body in Shape - New Aerobics classes are offered at the Jimmy Brought Fitness Center. YOGA classes will begin in August. New Step Aerobics on Tuesdays at 5 p.m. and Hi-Impact Step Aerobics on Sundays at 10 a.m. Other classes include, Water Fitness, Low-Impact Step, Kick Step Combo, Cardio Step and more. For more information and class schedule, call Lucian Kimble at 221-2020 or 221-1234.

Power Lifting Team - Power lifters are needed to form a team for competition. Compete in Squatting, Benching and Dead-Lifting, for information or to register, call 221-2020 or 221-1234.

Varsity Basketball - Coaches are needed to coach basketball. If interested, send your resume to Earl Young, Jimmy Brought Fitness Center, Bldg. 320. For information, call 221-1180 or via e-mail earl.young@cen.amedd.army.mil.

Varsity Flag Football - Coaches are needed to coach flag football. If interested, send your resume to Earl Young, Jimmy Brought Fitness Center, Bldg. 320. For information, call 221-1180 or via e-mail earl.young@cen.amedd.army.mil.

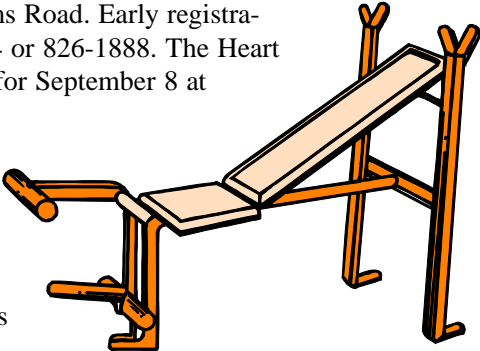
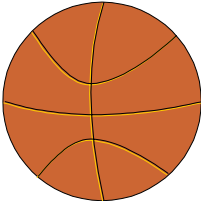
Party at the Aquatic Center - Host your unit’s next function or schedule a private party at the Aquatic Center. The fee is \$60 per hour with a 2-hour minimum, 4-hour maximum. All parties must be scheduled before the pool opens for the day or after it closes for the evening. For information, call Sam Parisi at 221-4887.

Heart of Texas Triathlon Series - Three more triathlons in the Heart of Texas Triathlon series are scheduled for July 14, August 4 and August 18. All triathlons start at the Fort Sam Houston Aquatics Center, 3300 Williams Road. Early registration for these races is a must, for information, call 221-1234 or 826-1888. The Heart of Texas Triathlon Championship is (tentatively) scheduled for September 8 at Canyon Lake.

Bench Press Contest - Get set for the September 21 Bench Press Contest at the Jimmy Brought Fitness Center. Weigh-ins will be held from 9:30 to 10:30 a.m., the competition will start at 10:40 a.m. For information, call Lucian Kimble at 221-2020.

Lunch Hour Fitness Clubs - The Jimmy Brought Fitness Center offers lunch hour fitness clubs geared for your lunch hour workout. Call Lucian Kimble at 221-2020 for more information on these interesting workout sessions.

60 Days of Fitness - The Fitness For Your Health Office at the Jimmy Brought Fitness Center will be offering another session of the “60 Days of Fitness” Program August 5 through October 5. A \$10 fee will be charged to each participant. For information, call 221-2020.



Sports Standings

Intramural Golf Standings

Final as of July 22		
Place	Team	Points
1 st	USAG/CPAC	35.5
2 nd	VETCOM	34
3 rd	CSBPO Plus	33.5
4 th	Co C Acad Bn (DMRTI)	33
5 th	ISR	32
6 th	HQ 5 th Army #1	28
7 th	STB	25.5
	HQ 5 th Army #2	25.5
9 th	BAMC #2	25
10 th	187 th Med Bn	24
11 th	HQ 5 th Army #3*	23.5
12 th	ITBC	23
13 th	BAMC	21
14 th	MEDCOM #2*	20
15 th	5 th Recruiting Bde	17
	C Co 2/1 st 42 nd Inf #2	17
17 th	Co C @/142 nd Inf *	15.5
18 th	NCO Academy	14
19 th	MEDCOM #1	6
20 TH	232 ND Med Bn	0

*Commander’s Cup Representative

X-tramural Basketball Standings

As of July 22			
Team		W	L
BAMC		8	1
USAG		8	1
Ill Funk		6	3
DFAS		6	3
Old School		4	5
NCO Academy		3	6
5 th Bde		1	8
Co A STB		0	9
July 20			
USAG	72	Ill Funk	62
BAMC	77	5 th Bde	58
Old School	64	NCO Academy	56
DFAS	79	Co A STB	34

Elementary registration set for August 1 and 2

By Gail Siller
Special to the News Leader

Fort Sam Houston Elementary School registration for new students will be August 1 and 2 from 8:30 to 11 a.m. and from 1 to 3 p.m. To be eligible to attend the school, parents must reside on Fort Sam Houston or be on the housing list with a move in date sometime during the 2002-2003 school year. Parents not living on the post must report to the housing office before registering their children at the school. The 2002-03 school year runs from August 20 until June 5 for students.

Children must be four years old on or before September 1, 2001 to enroll in pre-kindergarten, five years old on or before September 1, 2001 to enroll in kindergarten, and six years old on or before September 1, 2001 to enroll in first grade.

The criteria for enrollment in

the school's pre-kindergarten (four-year-old classes) are:

- Student is unable to speak and comprehend the English language as measured on an English proficiency test and/or
- Student is from a family whose income is at or below subsistence level. The district will apply the same formula used to qualify students for free or reduced price lunches under the National School Lunch program.

Parents should bring a copy of the most current LES statement to registration.

Parents need to bring the following documents to register:

- Certificate of immunization
- Copy of birth certificate
- Social Security card for student
- Report card from the previous school

Required immunizations are:

DPT: At least three doses of DPT, DT and/or DtaP with at least one dose after the fourth birthday and within the last ten years. **DPT, DTaP** for children six years and younger: At least four doses, with at least one dose after the fourth birthday

Polio: Three doses for all students with at least one dose after the fourth birthday

Measles: Two doses for all students who were born on or after September 2, 1991. Two doses for all students by their 12th birthday.

Rubella: One dose on or after the first birthday.

Mumps: One dose on or after the first birthday.

Hepatitis B: Three doses for all students born on or after September 2, 1992.

Hepatitis B: Children born on or after September 2, 1988, but before September 2, 1992 will be required to have 3 doses by the 12th birthday.

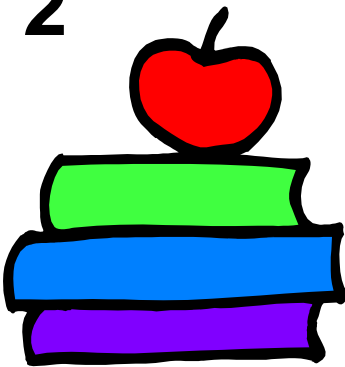
HIB: One dose for children 15 months through four years of age. Recommended for all ages.

Varicella: (Chicken Pox) One dose recommended or documentation of disease.

Varicella: Children born on

or after September 2, 1988 but before September 2, 1994 will be required to have one dose by the 12th birthday, or a parent or physician-validated history of Varicella illness.

Call the office at 368-8800 if you have any questions regarding programs or registration procedures.



School Liaison Officer ready to assist with school matters

Keith Toney, School Liaison Officer, is the Garrison's representative for public and defense schools. He is available to assist with questions and concerns related to school such as state mandated testing, curriculum and state graduation requirements, discipline, relocation, and special needs. No matter what school district your child is in Toney's job is to assist military families with school issues. Call Keith Toney at 221-9613 or 295-4806 or e-mail him at Keith.Toney@CEN.AMEDD.ARMY.MIL for assistance.

Fort Sam Houston PX gears up for Sales Tax Holiday

Texas is holding a Sales Tax Holiday Aug. 2-4. Texas shoppers will receive a break from state and local sales taxes. Shoppers at Fort Sam Houston will save an additional 8 percent off on already tax-free back to school clothing and shoes.

Most clothing and footwear is priced under \$100, athletic clothes that are commonly used as street wear, such as tennis shoe, and baseball caps are

eligible for this savings. Our shoppers may purchase as many back to school clothing items as they wish.

Layaway plans can also be used to take advantage of the Sales Tax Holiday this year. Not included in the Sales Tax Holiday are accessories, such as jewelry and watches and items that are carried rather than worn, including handbags, briefcases, wallets and backpacks.

Bring your family out and take advantage of this saving for back to school. This is a huge saving to the Fort Sam Houston Community. Keep in mind, August 2, is also the Kidcare event and August 3 is our Fall back-to-school fashion show. For more information about the Sales Tax Holiday or other events call 225-5566.

Kidcare fair at AAFES mall

The Fort Sam Houston PX will host a Kidcare photo event on Friday, Aug. 2 from 10 a.m. to 3 p.m. at the entrance to the PX.

The event supports the national campaign by the National Center for Missing and Exploited Children. The purpose is to increase awareness about missing children and to educate parents about the steps they can

take to help protect their children.

Events include Security police fingerprinting, special appearances by the crime- fighting dog, McGruff, and the fire-fighting dog, Sparky.

More than one million children are reported missing each year. Authorities say the single most important tool in helping to find a missing child is

a good quality photograph. In fact, one in seven missing children featured in NCMEC photo distribution program are recovered because of that photo.

Visit the PX for great fun and safety information to protect your loved ones. Refreshments will be served, and there will be drawings for great prizes.

Jamie Lynn Spears (Britney's younger sister) struts down the runway in Kids "R" Us Fall 2002 Collection.



FSH PX seeks models for back-to-school fashion show

The Fort Sam Houston PX will be hosting its back-to-school fashion show Aug. 3 at 1 p.m. We are currently seeking models from the Fort Sam Houston community to participate. Models should range in grades from kindergarten through college. If you would like to participate or have any questions, call Vickie Smith at 225-5566 or 210-885-3599. The deadline to sign up is July 29. All models will receive a 25 percent discount off the clothes they model if they decide to purchase them.

Olympians reach for gold – in the commissary

By Bonnie Powell
Special to the News Leader

“Reaching for the gold” is nothing new to Olympians Mike Kohn and Kara Salmela – and sometimes it’s even in their local commissary. The two military Olympians, a bronze medalist in men’s bobsled during the recent 2002 Winter Olympics and the reigning Army Female Athlete of the Year, gave up their bobsled and ski poles to push a grocery cart for the latest “Best Value Item” celebrity poster, on display now at commissaries worldwide.

The military celebrity poster series spotlights the Defense Commissary Agency’s “Best Value Item” program. The gold BVI shelf signs have become increasingly familiar to commissary shoppers as a sign of the “Best Prices. Period.”

Salmela, who competed as a biathlete in the 2002 Winter Olympics, and Kohn are both in the Army National Guard. They join retired Navy SEAL and “Survivor” series star Rudy Boesch and Army Golden Knights parachutist Cheryl Stearns as the third BVI celebrity poster.

Kohn now has an additional celebrity to his credit. He and bobsled teammate Doug

Sharpe are included on this year’s list of “Top 50 Bachelors” in People magazine. The list also includes actors George Clooney and Ben Affleck, and pop idol Enrique Iglesias.

“We’re happy to have exposure for our World Class Athletes in People magazine, but the commissary poster will be seen by millions of military shoppers,” says Paulette Freese, U.S. Army World Class Athlete Program manager. “That’s an important association and we’re proud to promote the commissary benefit.”

The commissary Best Value Item program is celebrating its second anniversary this summer. The program points shoppers in the direction of products with the lowest prices compared to store brands or name brands sold at retail grocery stores, supermarkets and supercenters.

“Commissaries sell groceries at cost as part of the military benefits package,” says Robert Vitikacs, executive director of operations and product support at DeCA.

“Authorized shoppers can save 30 percent or more by taking regular advantage of their commissary benefit, but the BVI program is just one of several programs we have in place to let our customers know about even greater savings.”

“The program has grown from 100 items and sales of less than \$1 million per month, to about 600 items with sales of \$13-14 million per month,” says program manager Bruce Dubisar of DeCA. “The feedback we get from customers on BVIs is overwhelmingly positive!”

“Our main purpose is to point out to customers that they can buy quality name brand products at substantial savings over store brands,” says Dubisar. “Because we deliver a benefit, we are motivated to deliver the best savings possible. Pointing out the products that deliver the best value is essential to increasing savings for customers. In 2002, we estimate that shoppers will save about \$35 million over retail by purchasing BVI items.”

The Fort Sam Houston Thrift Shop supports community

Visit the Fort Sam Houston Thrift Shop where great bargains and special treasures can be found. Among the items available for sale at the shop are: Household items, clothing, collectibles, books, appliances, tools, knick-knacks, furniture, antiques, jewelry, uniforms, plants and much more.

The shop is opened Wednesdays, Thursdays and the second Saturday of every month from 9 a.m. to 2 p.m. The shop is located in Bldg. 230 on Liscum Road. For information call 225-4682.

P.A.C.E.

Positive Action for Civilian Employees CSRS and FERS Retirement Seminars

P.A.C.E. will be hosting retirement seminars for Garrison employees on August 21 and 22 at the Roadrunner Community Center, Building 2797 on Stanley Road.

Seminars will be presented by Robert Connolly, and will provide an overview of the CSRS and FERS Retirement Systems, Survivor Benefits, Thrift Savings Plan, Voluntary Contribution Program, Federal Employee Health and Life Insurance Programs, and Social Security.*

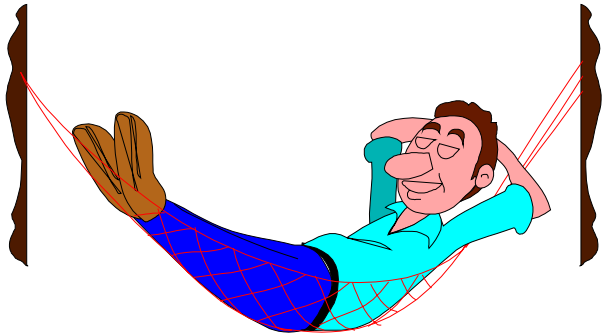
The Seminars are informative and provide important information that will assist in making sound retirement planning choices.

The Civil Service Retirement System (CSRS) seminar will be presented on August 21 from 8 a.m. to 4 p.m.

The Federal Employee Retirement System (FERS) will be August 22 from 8 a.m. to 4 p.m.

Seating is limited to 120 Garrison Appropriated Fund employees for each seminar, and is by reservation only.

Reservations may be made by calling 221-2276 not later than August 12



*Seminars will provide general information. Employees should contact the Army Benefits Center at www.abc.army.htm or by calling 1-877-276-9287 for specific individual benefit information. For additional information contact Marlene Nash at marlene.nash3@amedd.army.mil.

Anderson assumes command of Academy Battalion, Center Brigade



Army Photo
Left to right, incoming commander Lt. Col. Randall Anderson, Col. Kenneth Crook, commander, Center Brigade, and Lt. Col Dawn Smith, outgoing commander, prepare for the change of command ceremony for Academy Battalion held July 3 at the Roadrunner Community Center.

West Beach home to newest command on post



Photo by Phil Reidinger

Capt. Martha R. Bills congratulates Christopher R. Garza and Sterling M. Serrano during the opening ceremony of the San Antonio Military Entrance Processing Station. Garza enlisted in the Army and will begin training at Fort Sill, Okla. Serrano joined the Navy for training at Great Lakes, Chicago, Ill.

Phil Reidinger
Fort Sam Houston Public Affairs

The United States Military Entrance and Processing Station formally opened for business on July 17 during a ceremony hosted by U.S. Navy Captain Martha R. Bills, the commander of the United States Military Entrance Processing Command located in Chicago, Ill. The San Antonio station relocated to Fort Sam Houston from its former location at Vicar Drive, Loop 410 and Austin Highway, and is one of 65 located across the United States.

Station commander U.S. Navy Lt. Cdr. Pat L. Williams told a standing room only crowd of guests that the grand opening ceremony celebrates a new beginning at historic Fort Sam Houston for the organization that qualifies young men and women for military service. The joint service staff includes 29 active duty military members and 25 Department of the Army civilians.



Photo by Ray Turner

Capt. Martha R. Bills, commander of the Military Entrance Processing Command, with headquarters in Chicago Illinois, signs the guest register during the official opening ceremony of the new San Antonio Military Entrance Processing Station located in Building 2376, Beach Pavilion Complex.

Bills noted that the MEPS is freedom's front door and remarked that the newly renovated building creates a beautiful place where young applicants interested in military service can be recognized as special. Referring to the renovation of the 70-year old building, she said, "This is an awesome transformation. Our role is to qualify people for training, to make sure they can complete basic training, and to make sure they are mentally, morally, and physically qualified for service. This facility will play a vital role in the accession process." The building provides a "red carpet" environment complete

with state-of-the-art processing, testing, and examining facilities.

More than 6,800 men and women from the San Antonio area are qualified for entry into the five military services through the station each year.



Photo by Phil Reidinger

Senior Chief Elizabeth Graham and Capt. Martha Bills cut the traditional ceremonial cake during the San Antonio Military Entrance Processing Station grand opening.

The San Antonio Military Entrance and Processing Station, supported by seven mobile examining team sites, has enlistment responsibility for 69 counties in South Texas. Contracts, services, and wages will add an additional four million dollars to the post's annual economic impact.

U.S. Army Garrison Commander, Col. Douglas A. Biggerstaff, welcomed the

MEPS staff to the post community. He recounted the history of the building that began life in the 1930's as a barracks complex for the 15th Artillery Regiment. In 1945, the three buildings in the complex were connected and transformed into a hospital, which treated more than 10,000 patients. The buildings were closed as a hospital in 1996 when Brooke Army Medical Center moved

into its new facility on Binz-Engleman Road.

The ceremony included the traditional ribbon and cake cutting. During the ceremony, Bills also enlisted two applicants from the San Antonio area. Christopher R. Garza joined the Army and begins training at Fort Sill, Okla. Sterling M. Serrano joined the Navy for training at Great Lakes, Chicago, Ill.

MEPS finds a new home in historic FSH building



Photo by Phil Reidinger

Family makes joining the Army a tradition

By Nelia Schrum
Special to News Leader

For a Pleasanton family, “My Three Sons” translates to “proud to serve in Uncle Sam’s Army.”

Andrew Cullen, 17, raised his hand Friday at Fort Sam Houston’s Military Entrance Processing Station affirming to protect the United States against all enemies, foreign and domestic. He became the third son of Djenade and Mark Cullen to join the Army.

A high school junior, Andrew, joined the Army through the Delayed Entry Soldier Program. He is set to become a respiratory therapist. His two older brothers, Benjamin, 24, and Luke, 21, serve in the Army Reserve in supply. Benjamin will be starting medical school at Oklahoma State University’s College of Osteopathic Medicine in the fall.

Their dad, Mark, said the recruiter didn’t have to twist any arms to get Andrew to follow in his brothers’ footsteps.

“Ever since Ben joined in 1995, Andrew has been interested in joining the Army,” Mark said, adding that the money for college and military benefits were a big incentive for all of his sons.

Andrew, who will be reporting to San Antonio’s 5501st Evacuation Hospital, said he took the Armed Services Vocational Aptitude Test, after hearing about the test in November at his high school.

“I received a high score on the test, and the recruiter called soon after the results were in,” Andrew said.

Andrew’s recruiter, Sgt. 1st Class Chris Hiatt, just has one word for the entire Cullen family – “awesome.” He said all three of the Cullen boys scored exceptionally well on the ASVAB, having developed outstanding study habits.

Hiatt is hoping the boys’ 15-year old sister, Ruth, will also join the Army when she becomes eligible.

If she does, her parents both say they will have no regrets and will encourage her to follow her brothers’ lead and make the Army a family affair.

San Antonio Battalion recruits Andrew Cullen, and Duane Lopez are among the first to take the oath of enlistment at the joint service Military Enlistment Processing Station that opened July 17 on Fort Sam Houston.



Photo by Nelia Schrum

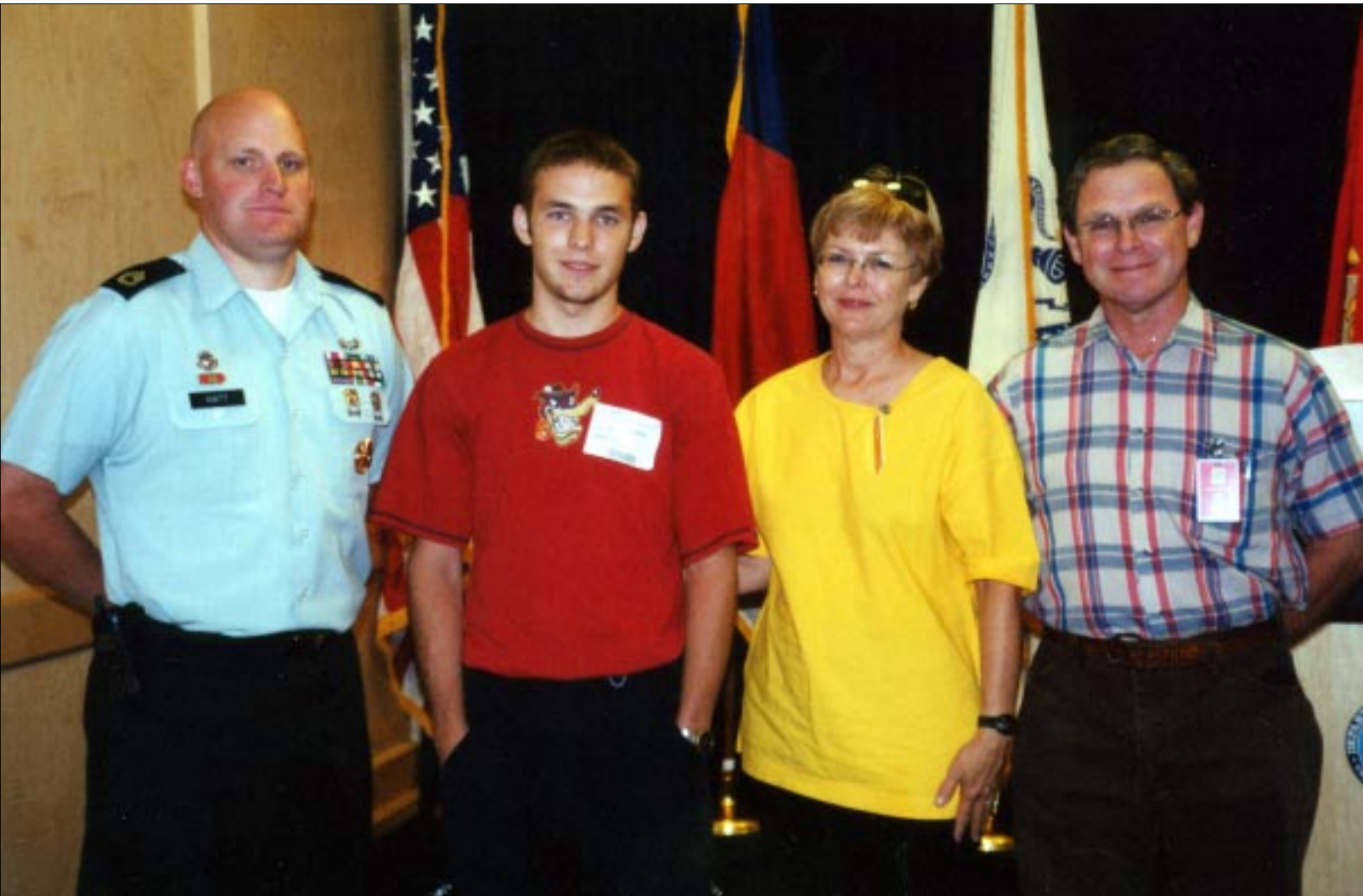


Photo by Nelia Schrum

Recruiter Sgt. 1st Class Chris Hiatt along with Delayed Entry Soldier Andrew Cullen and his parents, Djenade and Mark Cullen pose for a picture after Andrew takes the oath of enlistment.

Rain or shine: Stage I restrictions still in effect

By Jackie Schlatter
Special to the News Leader

Although record-breaking rainfall has relieved the stress on the Edwards Aquifer the City's ordinance requires the city to remain in Stage I water restrictions for thirty days. If the level stays above 650' for thirty days, then the City Manager can announce an end to water restrictions. Fort Sam Houston follows the City's Stages and accompanying water restrictions. Therefore, Fort Sam Houston is still under Stage I water restrictions.

Stage I of the City's drought plan was declared June 26 when the level of the Edwards dipped to a year-to-date low of 649.7' (feet above sea level) as measured at the J-17 monitoring well at Fort Sam Houston. The major restriction in Stage I

is the once a week sprinkler watering schedule with watering allowed only midnight to 10 a.m. and 8 p.m. to midnight. When Stage I was declared, weather forecasters were predicting average to below-average rainfall for the month of July. No one could anticipate that the city would receive record-setting rains only a week later. It is expected that the City Manager will announce an end to water restrictions within the next few days. However, at Fort Sam Houston, year-round restrictions will still be in effect with the major restriction being no irrigation between 10 a.m. and 8 p.m. If you have any questions, please call Jackie Schlatter at 221-5093.

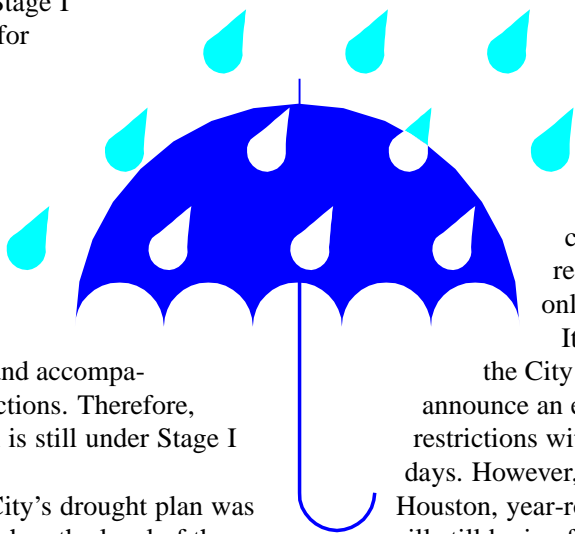
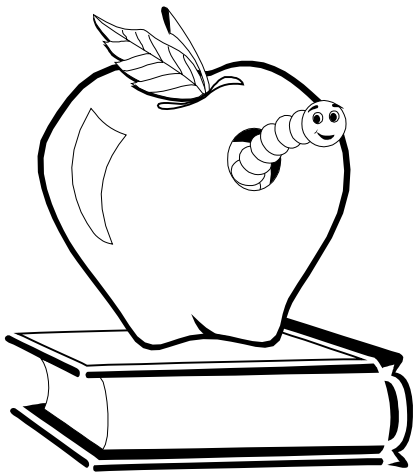


Photo by Esther Garcia
Right, Chaplain (Col.) Edward Maney accepts the duties of the Installation Chaplain from Chaplain (Col.) James Coindreau at a Passing of the Stole ceremony held at the AMEDD Chapel on Sunday, July 21.

Army Continuing Education Center updates

The Park University representative will be at the Fort Sam Houston Education Center on Tuesday July 23, 30 and August 6, 13 from 1 to 3 p.m. Registration for the next term begins July 22. Classes begin August 19. For more information call ACES at 221- 1738.

ACES testing services has the paper and pencil practice exams for the following computer-based actual exams. Currently, the center does not administer the computer-based exams. However, the practice tests explain the computer testing procedures and are updated to reflect the most recent changes in their subject areas. The available practice exams are: American Government, College Algebra and Trigonometry, Human Growth and Development, Introductory Business Law, Principles of Marketing, Trigonometry, Introductory Sociology, Calculus with Elementary Functions, and Information Systems and Computer Applications.



There is a new Army Credentialing Opportunities On-line (Army COOL) Website where soldiers can learn what civilian certifications relate to their Military Occupational Specialty career field and how to obtain these certifications for a civilian job after they leave the service. The web site's address is: www.ArmyEducation.Army.Mil/COOL.

Registration for fall college classes is ongoing or starting soon. Check with your school or the one where you would like to begin taking classes for fall enrollment dates. Call ACES for more information at 221-1738.

Post worship schedule

Protestant

Sunday:

- 8 a.m. Service, AMEDD Regimental Chapel, Bldg. 1398
- 9 a.m. Traditional Service, Installation Chaplain's Office, Bldg.2530
- 9:15 a.m. Troop Service, Evans Auditorium, Bldg. 1396
- 10 a.m. Service, BAMC Chapel
- 10:45 a.m. Gospel Service, Dodd Field Chapel, Bldg. 1721
- 11 a.m. Service, AMEDD Regimental Chapel
- 11:15 a.m. Gospel Service, Evans Auditorium
- 12:30 Spanish Service, AMEDD Regimental Chapel

Wednesday:

- 9:30 to 11:30 a.m. PWOC meeting, Dodd Field Chapel (Childcare is provided for those who attend PWOC meeting).
- 12 p.m. Bible Study, Dodd Field Chapel
- 12 p.m. Service, BAMC Chapel

Catholic

Saturday:

- 5:30 p.m. Mass, AMEDD Regimental Chapel

Sunday:

- 8:30 a.m. Mass, BAMC Chapel
- 9:15 a.m. Mass, Dodd Field Chapel
- 9:15 a.m. Mass, AMEDD Regimental Chapel
- 11:15 a.m. Mass, BAMC Chapel
- *12:45 p.m. Mass, Dodd Field Chapel
- *Bilingual Mass on 1st Sunday of the month (For information call 590-6593).

Weekdays:

- 11 a.m. Mass, BAMC Chapel
- 11:30 a.m. Mass, AMEDD Regimental Chapel

1st Friday:

- 9 a.m. Mass Catholic Women, Dodd Field Chapel

Jewish

Friday:

- 8 p.m. Service, Dodd Field Chapel
- 8:30 p.m. Oneg Shabbat, Dodd Field Chapel (For information call 379-8666 or 493-6660)

Mormon

Sunday:

- 10:30 a.m. Bldg. 1350, Room 1, Koehler Road, across from Evans Auditorium

Tuesday:

- 7 p.m. LDS Studies, AMEDD Regimental Chapel

Muslim

Sunday:

- 10:30 a.m. Religious Education, Bldg. 607A, Infantry Post

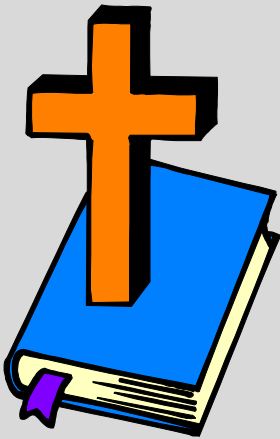
Friday:

- 1:30 to 2:30 p.m. Prayer Service, Bldg. 607A, Infantry Post

Thursday:

- 8 p.m. Adult Religious Education, Bldg. 607A, Infantry Post

Note: The Post Gift Chapel is closed for renovations indefinitely. Chaplain Administrative Offices are located at Dodd Field Chapel, Bldg. 1721, phone number 221-5432. Garrison staff duty officer, (after duty) 221-2810.

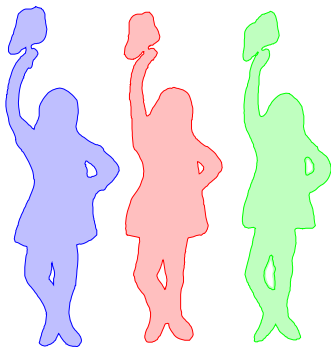


Youth Happenings

National Kids Day - Youth Services and School Age Services will be celebrating National Kids Day on Saturday August 3. There will be a block party for youth of all ages from the Fort Sam Houston community. The National Kids Day Block Party will be held at the Youth Center, Bldg. 1630 from 7-10 p.m. There will be games, prizes, activities, food and music. The cost is \$1 for registered members and \$2 for nonmembers. For more information call, 221-3502.

Volunteer Coaches - Fort Sam Houston Youth Services is looking for volunteers for football and cheerleading coaches for youth ages 5-14. If you are interested in working with the YS sports staff and the youth of the community please call 221-5513 or 221-3502. For more information visit the Youth Center, Bldg. 1630 for an application and to set up an interview.

Youth Football & Cheerleading - Registration for youth football and cheerleading will be held at the Youth Center Bldg. 1630 from July 8 to August 2,10 a.m. to 7 p.m. for ages 5-14. Football will be \$50 for the 1st child, \$45 for the 2nd child and \$40 for the third. Cheerleading will cost \$45 for the 1st child, \$40 for the 2nd and \$35 for the 3rd. Birth Certificates are required at time of registration and physicals are required prior to the 1st game. The football/cheerleading commission will certify all youth. For more information call the Youth Sports Department at 221-3502 or 221-5519



Middle School football and cheerleading - Experienced coaches are needed to coach the Youth Center's Cougar football and cheerleading squads. The football and cheerleading squads will participate with the San Antonio Independent School District. (S.A.I.S.D) If interested in volunteering, please call the Youth Sports Department at 221-5519 or 221-3502.

Alamo Height - Fort Sam Houston Soccer Registration - Soccer registration for military-eligible youth ages 4-18 will be held on Saturday, August 17 from 9 a.m. to 3 p.m. at the Youth Center Bldg. 1630. Birth certificates and physicals are required. For more information, call 221-3502.

Youth Services Hours - Business hours for Youth Services are 10 a.m. 6 p.m., Monday through Friday. Parking is available in the rear of the building on Sultan Road. Use the rear entrance across the playground until the parking lot is completed.

Summer Open Recreation Hours are from Monday - Thursday 1-9 p.m. Friday, for 6-8th grades from 1-10 p.m. For 9-12th grades from 1-11 p.m. On Saturday 6-8th grades from 3-10 p.m. and 9-12th grades from 3-11 p.m.

Protestant Activities Schedule

Religious Education plays a vital part in our spiritual growth. When we understand what we believe we can better communicate and live out our faith. By gathering in small groups, we can build relationships and find additional strength in our daily lives.

We encourage you to visit any of the studies. We have several different study formats. We pray that your faith will be strengthened and that your spiritual walk will enlighten others. Activities are open to all. Feel free to attend any of our events. No pre-registration is required. For information call Robb Wood at 221-5428 or Chaplain (Lt. Col.) Otis Mitchell, 221-5427.

Weekly Activities:

Activity	Place	Time	Day
Sunday School	DFC	9:15 a.m.	Sundays
Prayer Meeting	AMEDD	6:15 a.m.	Tuesdays
PWOC Women's Bible Study	DFC	9:30 a.m.	Wednesdays
Adult Bible Study	DFC	11:45 a.m.	Wednesdays
(on break until September)			
Bible Study (all ages)	DFC	6:30 p.m.	Wednesdays
Soldier Bible Study	AMEDD	11:30 p.m.	Thursdays
Soldier Bible Study	AMEDD	7 p.m.	Thursdays

Monthly Activities:

Activity	Place	Time	Day
Young Adult Ministry	DFC	7 p.m.	1st and 3rd Thursday
Parish Council	ICO	4:45 p.m.	1st Thursday
Nursing Home Ministry	DFC	2 p.m.	2nd Sunday
Men's Fellowship	DFC	6:30 p.m.	2nd Monday
Women's Fellowship	DFC	6:30 p.m.	2nd Monday
Women's Prayer Breakfast	DFC	8:30 a.m.	2nd Saturday
Hospital Ministry	BAMC	8:30 a.m.	3rd Thursday

ICO -Installation Chaplain's Office, Bldg-2530, 2590 Funston Road, Suite 35, across from the Burger King. Phone: (210) 221-5005/6/7 Fax: (210) 221-3391

DFC – Dodd Field Chapel, Bldg-1721, 1721 Dodd Blvd. next to National Cemetery, off Winans Street. Phone: (210) 221-5010/5432 Fax: (210) 221-5666

AMEDD - AMEDD Regimental Chapel, Bldg-1398, 3125 Garden Avenue, between NCO Academy and Evan's Auditorium. Phone: (210) 221-3390 Fax: (210) 221-3103

Are you or someone you know eligible for DoD’s Medicare’s wraparound coverage?

Since the implementation last year of expanded pharmacy and medical benefits under TRICARE Senior Pharmacy and TRICARE For Life, many Medicare-eligible uniformed services beneficiaries, age 65 and over, are now enjoying the peace of mind that comes with having a robust health care benefit. They no longer have to pay expensive supplemental insurance premiums, higher co-payments, or entire prescription charges because the TRICARE For Life program acts as second payer to Medicare, and the pharmacy program provides coverage they don’t have from Medicare.

“Beneficiaries have reported savings of \$3,000-4,000 on their prescriptions, alone. With most prescriptions available to them for a \$3 or \$9 co-pay, some can now purchase prescriptions they didn’t feel they could afford before. Not only are they saving money, but many are enjoying a better quality of daily living,” states Thomas Carrato, Executive Director of TRICARE Management Activity (TMA).

While most of the 1.5 million TRICARE For Life-eligible

beneficiaries have been located through extensive outreach communications efforts by TMA, regional lead agents, managed care support contractors, and various beneficiary associations, many still do not know they have this coverage. Their files in the Defense Enrollment Eligibility Reporting System (DEERS) have not been updated, and they have not renewed their military identification (ID) cards. Continued eligibility for military benefits must be established periodically, because certain events (like divorce from a military retiree, or remarriage of a widow) may cause eligibility to end.

As a result, when Medicare “automatically” sent its first 5 million claims to TRICARE for its newly eligible over-65 beneficiaries, it became evident that some of these claims belonged to beneficiaries whose information had not been updated, and whose ID cards were expired. These claims initially were denied by TRICARE, but agency officials have announced that they will pay these claims temporarily, without requiring beneficiaries

or providers to resubmit them.

“We will use this opportunity to advise people on their Explanations of Benefits that they must update their information and ID cards. Those who fail to do so will have future TRICARE claims denied,” explained Mr. Carrato.

After Aug. 1, 2002, all claims for beneficiaries with expired eligibility will be denied until their eligibility information is updated. During March, DEERS will notify many of the people with outdated information and expired ID cards with a letter. DEERS also sends an “age-in” letter to newly eligible beneficiaries 90 days before their 65th birthdays, explaining how they can remain eligible for TRICARE benefits.

The best way to verify TRICARE eligibility in DEERS and to obtain a current ID card is to go to an ID card issuing facility. Its personnel can provide information about the documentation that is necessary, its address and hours of operation. If it is not possible for a beneficiary to go to an ID card facility, he or she should call the DoD Reverification line, 1-800-

361-2620, for guidance. Information about the nearest ID card facility can be found on the World Wide Web at <http://www.dmdc.osd.mil/rsl>, or by calling TRICARE’s toll-free number, 1-888-DOD-LIFE (1-888-363-5433).

Want to receive only TRICARE For Life Information? Send a message to: TFL-ON@pasba2.amedd.army.mil (message subject and body may be left blank)

Want to get TRICARE answers, assistance via E-mail? Send your request to: mailto:TRICARE_Help@AMEDD.ARMY.MIL or <mailto:QUESTIONS@tma.osd.mil>

To be automatically removed from this mailing list, send a message to <mailto:Health-OFF@PASBA2.AMEDD.ARMY.MIL> (subject/body may be left blank)

To be automatically added to this mailing list, send a message to: <mailto:Health-ON@PASBA2.AMEDD.ARMY.MIL> (subject/body may be left blank)

Report mailing list problems to <mailto:POSTMASTER@PASBA2.AMEDD.ARMY.MIL>

Depression guidelines commence

The Major Depressive Disorder Clinical Practice Guideline, a joint initiative between the Veterans Affairs (VA) and the Departments of Defense (DoD) is scheduled for facility-wide implementation in September 2002. To kick-off the behavioral health program, a two-hour live satellite broadcast will take place on September 4 from 1 to 3 p.m. Eastern Standard Time. A panel of VA/DoD experts including the guideline champions will present an overview of the major depressive guideline – treatment algorithms, provider reference materials, patient assessment and referral forms, patient and family education materials, posters, guideline metrics, and other valuable resources. An opportunity for the audience to call in during the broadcast and ask specific questions will be included.

The goal of guideline implementation is to improve the quality of care in patients who present to the primary care clinic with symptoms of depression. Improvements in detection, diagnosis and management of this disorder are targeted.

In May 2000, a 34-member group from the military services and the VA worked to craft the guidelines, with input from primary care physicians, psychiatrists, nurses, physician assistants, chaplains and pharmacy professionals. The resulting products were the result of an exhaustive search and distillation of evidence-based guideline literature.

In February 2001, the MEDCOM Quality Management Directorate piloted a yearlong depression guideline implementation at five Army Military Treatment Facilities (MTFs). These sites, approved by the respective regional and MTF commanders were Tripler Army Medical Center, Walter Reed Army Medical Center, DeWitt Army Community Hospital, and Ireland Army Community Hospital. Madigan Army Medical Center participated on an informal basis. Teleconferences between the MTF pilot sites and MEDCOM and on-site visits by MEDCOM’s administrative champions encouraged provider and staff feedback concerning the usefulness, need for revision or deletion of specific documents and resources. The piloted provider education materials were then “fine-tuned” from staff input and developed into final documents.

To help busy primary care providers implement the depression guideline, all provider resource materials and patient education materials are contained in a canvas toolkit bag. The toolkit, packaged as a behavioral health bundle, also contains the Substance Use Disorder Guideline with relevant materials and a Suicide Prevention Binder with information and resources concerning suicide recognition, prevention and treatment in addition to the depression materials. Providers are encouraged to place the provider reference cards in their offices and to familiarize themselves

with the other various resources. The Major Depressive Disorder Toolkit bag will be mailed to MTFs in August, prior to the guideline satellite broadcast in September. Additional materials may be reordered directly from MEDCOM at no charge to the facility.

The VA/DoD program puts plenty of emphasis on the patient’s share of the guideline process. Throughout treatment, individuals are encouraged to use a unique “patient self-management action plan,” a folder that helps them manage their treatment and work closely with their primary care provider. This document allows the patient to track his or her symptoms of depression, monitor medication side effects, devise a safety plan keep up with appointments and record their provider’s instructions. Patient and family education, an essential guideline tool is provided through a depression brochure, a video and a CD-ROM on depression.

A key companion piece to the guideline is a system to measure guideline effectiveness including provider’s screening for depression, diagnosing depression, treating depression with antidepressant medication or psychotherapy and outcomes assessment.

Additional information on the Major Depressive Disorder Clinical Practice Guideline and other guidelines may be obtained from the MEDCOM Quality Management Web Site at: www.cs.amedd.army.mil/qmo.

Health Promotion Center

July Class Schedule

Class	Date	Time
Self Care and Health	25	1 - 3 p.m.
Back Pain	25	2 - 3:30 p.m.
Breast Health	26	11 - noon
Weight Management	29	1 - 2:30 p.m.
Diabetes Education	30	12:45 - 4 p.m.
Office Yoga	31	Noon - 1 p.m.
Osteoporosis	31	5 - 6 p.m.

August Class Schedule

Class	Date	Time
Aerobics	1	11 a.m. - noon
Aerobics	6	11 a.m. - noon
Diabetes Education	6	12:45 - 4 p.m.
Office Yoga	7	Noon - 1 p.m.
Breast & GYN Cancer Support Group	7	1 - 3 p.m.
Self Care & Health	8	9 - 11 a.m.
Aerobics	8	Noon - 1 p.m.
Stress Management	13	10 - 11:30 a.m.
Aerobics	13	Noon - 1 p.m.
Diabetes Education	13	12:45 - 4 p.m.
Office Yoga	14	Noon - 1 p.m.
Aerobics	15	Noon - 1 p.m.
Tobacco Relapse Intervention Program (TRIP)	15	11 a.m. - noon
Back Pain	15	2 - 3:30 p.m.
Body Fat Testing	16	8 - 11 a.m.
Men’s Health	16	9 - 11 a.m.
Cholesterol & Lipids	19	9 - 11:30 a.m.
COPD Part 1	19	1 - 4 p.m.
Arthritis	20	9:30 - 11 a.m.
Aerobics	20	11 a.m. - noon
Diabetes Education	20	12:45 - 4 p.m.
High Blood Pressure	21	9 a.m. - noon
Office Yoga	21	Noon - 1 p.m.
Aerobics	22	11 a.m. - noon
Weight Management	22	1 - 3 p.m.
Tobacco Cessation “Readiness to Change”	22	Noon - 2 p.m.
Breast Health	23	11 a.m. - noon
Cholesterol & Lipids	26	9 - 11:30 a.m.
Aerobics	27	11 a.m. - noon
Diabetes Education	27	12:45 - 4 p.m.
Office Yoga	28	Noon - 1 p.m.
Aerobics	29	11 a.m. - noon

Call the Health Promotion Center to register for all classes at 916-3352, except Fibromyalgia Self-Help, Fibromyalgia Support Group, Diabetes Education, Diabetes Support Group, and Weight Management.

To register for Diabetes Education call the Internal Medicine Clinic at 916-0840 (even if you are in Tricare Prime), select Option 2.

To register for Weight Management call Nutrition Care Division at 916-5525. Fibromyalgia Self-Help requires your primary care provider to send a consult to Behavioral Medicine Clinic.

Shoplifters beware of AAFES’ Civil Recovery Program

Shoplifting affects everyone. In the military exchanges shoplifting costs service members millions of dollars annually. Currently, the cost of detecting and preventing shoplifting is absorbed by non-appropriated funds and it is a substantial cost.

The Army Air Force Exchange Services catches an average of more than 11,000 shoplifters each year worldwide. In the past three years, there were over 400 people apprehended for shoplifting on Fort Sam Houston alone.

On March 1, 2002, AAFES implemented its Civil Recovery Program. The Civil Recovery Program mirrors that of state civil recovery statutes and will allow AAFES to pursue the actual loss of the merchandise

taken and charge a flat rate administrative cost on each and every shoplifting incident.

What this means to the shoplifter, or in the case of a juvenile, his or her parent, is that when caught shoplifting, they will incur a \$200 administrative cost. AAFES will also demand the full retail value of the merchandise, if it is not returned in a merchantable condition. If the merchandise is recovered damaged, but saleable, AAFES will demand the difference between the full retail value and the reduced sale value.

The store manager of the facility where the offense occurred will send two demand letters for money damages. Should this debt remain unpaid for 30 days, the unit commander

will be notified of the failure to pay the debt. The suspected shoplifter or sponsor may seek review of the debt by writing the AAFES General Manager (GM) within 30 days of the demand letter. The GM will review all available evidence and may, under limited circumstances, waive the indebtedness. If the

debt is not collected locally, then after 90 days, the facility will transfer the debt to the Financial Management and Accounting Directorate at AAFES Headquarters. They will then collect the debt under the Treasury Offset Program, which will allow garnishment of federal salaries,

federal tax refunds, the use of collection agencies, administrative offset, and litigation. The Civil Recovery Program is separate from any criminal prosecution. Neither a conviction nor a plea of guilty for theft is necessary to pursue civil recovery under this program.

Celebrate the 107th AAFES Anniversary today

The Fort Sam Houston PX/PXTRA invites you to celebrate the 107th AAFES Anniversary today beginning at noon. The celebration will be held across from the AAFES Administrative Building number 372. Activities include entertainment by DJ Papote (Sunset Station, Atrium), Karaoke contest, dunking booth, clowns, concessions, JVC giveaways 27"TVs, DVD players, VCRs...and much more. Come and celebrate and join the fun and entertainment for the whole family.

Army Community Service Family Advocacy Program

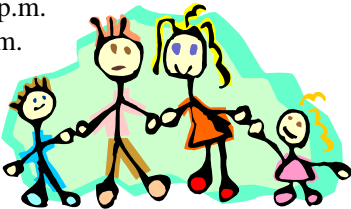
July Class Schedule

Class Title	Dates	Class Time
Single Parent Support Group	26	11 a.m. - 1 p.m.
Building Effective Anger Management Skills (BEAMS)	30	11 a.m. - 12:30 p.m.
Playgroup	30	9 - 11 a.m.
Common Sense Parenting	31	11 a.m. - 1 p.m.

August 2002

Class Title	Dates	Time
Nurturing Program	2, 9, 16, 23	1 - 2 p.m.
Parenting Newborns	3	9 - 10:30 a.m.
Playgroup	2, 9, 16, 30	9 - 11 a.m.
	23	1:30 - 3:30 p.m.
Stress Management	3, 10	Noon - 1 p.m.

Feel free to bring a brown bag lunch to classes scheduled during the hours of 11 a.m. to 1 p.m. To sign up for classes or for more information, call ACS Family Advocacy Program at 221-2334 or 221-2350.



Career Clips



The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP office, Bldg. 2264 or call 221-1213.

- Office Manager** - San Antonio. Requires ability to handle multiple tasks in a very fast paced environment with heavy phone volume and client questions and complaints. Knowledge of MS Office (including Publisher and PowerPoint) required. Product marketing experience a plus.
- CADD Drafter and designer** - San Antonio. Local custom pool company seeking a CADD operator with architectural designing background. Successful candidate will work with altering and designing landscape drawings to client's specifications.
- Newspaper Designer/Paginator** - San Antonio. The contracted firm for the Fort Sam Houston News Leader has a full time position open for a newspaper designer/paginator to work on FSH at the newspaper office. Must know design software for PC/Mac. Send resume to: Kim Sipper, Prime Time Inc., 17400 Judson Road, San Antonio TX 78247.
- Call Center Scheduling Analyst** - San Antonio. Will be responsible for producing and analyzing key performance metrics and recommend ways to optimize metric integrity and identify other effective metrics for various business units and different managerial levels. Need experience with Excel/Access and statistical forecasting techniques.

Fort Freebies



All Freebies are published on a first come, first serve basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended solely for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial advertising, contact Prime Time at 453-3300. To submit a Fort Freebie, e-mail it to: news.leader@amedd.army.mil or fax it to 221-1198. Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request.

- For Sale:** 1995 Mercedes 190E, 36,000 miles, like new, must see to appreciate \$11, 500. Call during the day 221-7841 or 804-1299 in the evenings.
- For Sale:** 1996 Buick Skylark, automatic, A/C, tilt, cruise, power locks, alarm, CD player, 97k miles, runs and looks great, \$4,800 obo. Call (210) 832-0023 or 846-7912.
- For Sale:** 1984 Chevy Delux, V6, no A/C, long bed, is a good work truck, \$800 obo. Call 657-4766.
- For Sale:** 1995 Mazda 626 LX V6 49,000 miles, excellent condition, high quality after market stereo system, new tires \$6,200. Call 804-1299/221-7841.
- For Sale:** Bassett king size bedroom set, walnut, end tables, armoire, and dresser w/ mirror in excellent condition. \$1,500 obo. Also selling oak dining room set, w/ tablemat, 6 chairs, china cabinet, in good condition. \$500 obo. Call 872-1068.
- For Sale:** Beautiful authentic Belgian rug (browns), 6 ft. 8 in. by 9 ft. 3 in., \$45, men's 20 speed bike \$35, girl's mountain 10 speed bike \$20. Call 490-3048.
- For Sale:** New Oklahoma Joe Longhorn Smoker, 20" diameter smoking chamber, heavy gauge steel construction, dual air dampers for heat and smoke control, 1,045 sq. inches of cooking space, \$300 (\$499 new). Call (210) 490-1461.
- For Sale:** Four 14" Mags with tires (P235), will fit a Ford Ranger, complete set \$200, must see. Call (210) 566-6730.
- For Sale:** Coffee table \$50, matching sofa sleeper, love seat & wing back chair (blue/mauve) \$250, Wieder universal 200 lbs. \$50. Call 403-9838.
- For Sale:** Craftsman lawnmower, 6.0 hp, self-propelled, \$85. General Electric window air conditioner unit, \$120. Call (210) 658-3978.
- For Sale:** Two brand new cordless drills never used. One is 9.6 Volt with keyed chuck \$20, one is 12 Volt with keyless chuck \$25. Call 566-3520 and leave message.
- For Sale:** Sears brand treadmill in excellent condition, barely used, \$250 obo. Also selling black futon with mattress, \$100. IBM computer, \$200 obo. Call 930-6167.
- Free to a Good Home:** Catahola female, spade, 1 year old, brown/white with one blue eye, one brown. This dog needs someone who will walk her daily. Gets along well with children and other pets. Call 599-2815 or 385-0415.
- Free to a Good Home:** Lab mix five- month old lovable puppies. They have all shots and are registered with the FSH Veterinary Clinic. Call 599-3553.
- Garage Sale:** July 27 and 28 from 8 a.m. to 1 p.m. at 6026 Grand Point, Royal Ridge Subdivision in San Antonio. Selling dining room set, china cabinet, bedroom set, large dog carrier, dishes, stereo w/speakers, kitchen items, lamps, and much more.



Community events

U.S. AMEDD Regimental Social, July 26

The 16th Annual Regimental Social will be held July 26 from 4:30 to 6:30 p.m. at the U.S. Army Medical Museum, corner of Stanley Road and Harry Wurzbach. Cost is \$5, checks payable to HQ, MEDCOM. See unit command sergeant major or first sergeant for tickets. Light snacks will be served. Dress is duty uniform.

Alamo Chapter, AFCEA/Billy Mitchell Chapter, AOC Joint Luncheon, Aug. 8

The Alamo Chapter of AFCEA and the Billy Mitchell Chapter of AOC will sponsor a joint luncheon on Aug. 8 beginning at 11 a.m. at the Gateway Club, Lackland Air Force Base. Cost is \$12 per person. Guest Speaker is Lt. Gen. Raduege, director, Defense Information Systems Agency.

24th Infantry Division Association Annual Reunion, Sept. 18-22

The 24th Infantry Division Association will hold its annual reunion Sept. 18-22 at the Adams Mark Hotel, 9103 East 39th Street, Kansas City Mo. For information contact Wes Morrison, reunion coordinator, at (831) 384-0139, e-mail wesm8@aol.com, Fax (831) 883-2156 or at 452 Gloria Circle, Marina, CA 93933. You may also contact Johnny Rodriguez, site chairman, at (913) 262-7972, address: Rosendale P.O. Box 3464, Kansas City, MO 66103.

Volunteers needed

Department of Periodontics Seeks Patients

The Wilford Hall Medical Center Department of Periodontics at Lackland Air Force Base is seeking additional patients with specific needs for treatment in the periodontics residence program. Applicants must be military retirees, family members of retirees or family members of active duty, and must have been recently determined by a dentist to have an existing periodontal condition. For more information call 292-7273.

Boss Seeks Single Soldiers

The Better Opportunities for Single Soldiers meetings are held on the 1st and 3rd Wednesday of every month at 2:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established at the installation to provide soldier input to the commander, who will use the committee's recommendations to improve single soldier's Morale, Welfare and Recreation programs to enhance quality of life. For more information, contact the current BOSS President Spc. Jeffrey Briere at 637-2229.

United Way Help Line Seeks Volunteers

United Way is looking for volunteers to answer calls from individuals in need of assistance. The Help Line provides information, referral, telephone counseling and crisis intervention services to the community. Telephone counselors are urgently needed to answer the Help Line during daytime and weekend shifts. Bilingual counselors are especially encouraged to sign up. To volunteer, call 352-7057.

BAMC Seeks Partner in Healing Volunteers

BAMC seeks volunteers to provide in-house patient transportation. Nurses rely on the patient transport program to stay on the wards and focus on quality patient care. Join the kind and dedicated team of volunteers who provide this important service to the patients. Call 916-5083 to become a BAMC Partner in Healing.

Meetings

MOMS Club of San Antonio Meeting, Aug. 6

The MOMS Club of San Antonio, Northeast, will hold their monthly meeting on Aug. 6 from 9:45 to 11 a.m. at the Saint Margaret Episcopal Church, 5310 Stahl Road. The MOMS Club is a support group for stay-at-home moms. For information call Sandi at 566-8162.

MOPH Alamo Chapter 1836 Meetings

The Military Order of the Purple Heart, Alamo Chapter 1836, will hold its monthly meetings at the Roadrunner Community Center, Bldg. 2797 beginning at 10 a.m. The following are the meeting scheduled dates for the remainder of the year: Aug. 3, Sept. 7, Oct. 5, Nov. 2 and Dec. 7. Members of the MOPH, who do not have a DoD sticker on their vehicle, should enter FSH through the Walter's gate entrance to obtain a pass.

In the classroom

Fall Children's Vegetable Garden Session starts Aug. 24

The Fall Children's Vegetable Garden Session begins Aug. 24 and meets every Saturday morning from 9 to 11 a.m. until June at the San Antonio Botanical Gardens. Class size is limited to 120 young gardeners and participants should be committed to attend every Saturday. Registration fee is \$5. For information call 207-3255 or register at the Botanical Center.

Read Across Texas at the Fort Sam Houston Library

The Fort Sam Houston Library is conducting its annual summer reading program for children in pre-school through eighth grades. The program is designed to keep youngsters reading throughout the summer. Register at the Fort Sam Houston Library and keep track of all the books you read. Children enrolled in the program can earn a brand new book, a certificate and a "Read Across Texas" T-shirt. For more information call the Library at 221-4702/4170.

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Military Family Appreciation Nights, Aug. 21

General Mills is saying "Thank You" by offering free tickets to the Missions Baseball game Aug. 21. Vouchers for the game will be available at Carlson Wagonlit Travel and Fort Sam Houston Library two weeks prior to the game. Coupons must be redeemed at the Nelson Wolff Stadium for actual tickets. Call 221-2926 or 221-2307 to reserve tickets.

Next AKO/SmartForce Briefing, Aug. 15

The Army is announces a partnership license with SmartForce, a state-of-the-art computer based training learning infrastructure, which customizes training for individuals, while the learning experience ensures that knowledge is delivered in a fast effective way. AKO/SmartForce briefings will be held in Blesse Auditorium Aug. 15 and 22 from 8:30 to 10 a.m. For information call 221-8945.

ESL classes taught at the Roadrunner

English as a Second Language classes are held on Fort Sam Houston at the Roadrunner Community Center and

¿Que Pasa?

are free. They are designed especially for foreign-born spouses to increase reading comprehension, vocabulary, and pronunciation. Classes are appropriate for beginner, intermediate and advanced students with individualized group instruction. The Army Community Service Relocation Assistance Program and the Region 20 Education Center sponsor classes. To register, call 221-2418.

Space Available Travel Information

You may be eligible to travel on space available to Germany, Guam, Japan, Korea, or Puerto Rico. For information on restrictions for overseas travel, required documentation for sponsors and dependent travelers using Space Available, call the Lackland Passenger Terminal (Kelly Field Annex) at (210) 925-8715 or visit the spacea@lackland.af.mil Website.

Enjoy a \$1 dinner at USO

The USO offers a \$1 dinner every Saturday at 6 p.m. Enjoy a great "home cooked" meal and then explore what downtown San Antonio has to offer or take advantage of free pool and foosball tables, movies, game room and family room. The USO is open to all military personnel and their families Wednesday, Thursday and Sunday from 9 a.m. to 5 p.m. and Friday and Saturday from 9 a.m. to 11:30 p.m. For more information, call the USO at 227-9373.

Kraft Foods sponsor essay contest

Kraft Foods is sponsoring a "salute to military families" youth essay contest. A \$1,000 U.S. Savings Bond will be awarded to a military family youth 18 years or younger with a valid military ID card. The essay contest topic is "The Person I Admire." It should not exceed 1,000 words. Contestant's essay should include their name, age, telephone number, and their installation. Winners will be asked to show identification. The essays should be post-marked by Aug. 15, 2002 and mailed to: San Antonio Missions Baseball Club, Oscar Mayer Youth Essay Contest, 5757 Highway 90 West, San Antonio TX 78277.

NCOA Job Fair, Aug. 8

The NCOA is sponsoring a Job Fair Aug. 8 from 9 a.m. to 3 p.m. at the Henry B. Gonzales Convention Center, 200 E. Market Street, San Antonio. Meet recruiters and explore career opportunities. For information contact the NCOA Veterans Employment Office at (210) 653-6161 extension 2222 or NCOA Membership Services at (800) 662-2620. E-mail: frodrig@ncoausa.org.

Nursing Refresher Program Students Sought

A car pool/support/study group is being formed for the Fort Sam Houston Post residents interested in attending a nursing refresher program at the San Antonio College RN and LVN for the fall. Contact Leona t 223-2208 if interested.

SAC offers Course to Assist Women Achieve 'Personal and Academic Success'

The San Antonio College Women's Center is assisting women in registering for the student development course, "Personal and Academic Success." The course will be offered during the fall semester at San Antonio College, which runs from Aug. 26 through Dec. 8. Students may choose from two sections offered: Mondays and Wednesdays, 5:15-6:30 p.m. and Tuesdays and Thursdays 9:25-10:40 a.m.

The course fulfills student orientation requirements. The Women's Center is offering free textbook assistance for this course. For information, call 733-2299.

Central Issue Facility Section Inventory Aug. 19 through 23

The Central Issue Facility Section (CIF) Property Management Branch, Supply and Services Division, Readiness and Logistics Business Center, will conduct a 100 percent inventory beginning at noon Aug. 19 through 23. During this period, no classes are scheduled and CIF will be closed. Emergencies should be brought to the attention of Chief, Property Management Branch, Vanessa C. Alford at 221-3022